



YOUnite

Evaluation of the Pilot implementation

In Finland, Hungary, Poland and Austria

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Content:

- Evaluation Design
- Insights into the results of the Evaluation:
 - Results from the participant Surveys
 - Results from the trainer Surveys



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Evaluation Design

The evaluation of the pilot implementation in the participating countries was realised using quantitative methods:

- 2-point survey for the participants
- follow-up survey for the trainers
- both surveys were designed in English and German
- translated by the respective partner countries into their own language

Evaluation Design

Participants: 2-point Survey

1st Survey on the individual situation with regard to:

- Health
- Nutrition
- Exercise
- Stress
- Awareness
- Employment Situation
- Expectations

Pilot Phase

17.06.24 – 27.08.24

2nd Survey on the individual situation with regard to:

- Health
- Nutrition
- Exercise
- Stress
- Awareness
- Employment Situation
- Experience & Evaluation

Evaluation Design

Trainers: Follow-up Survey



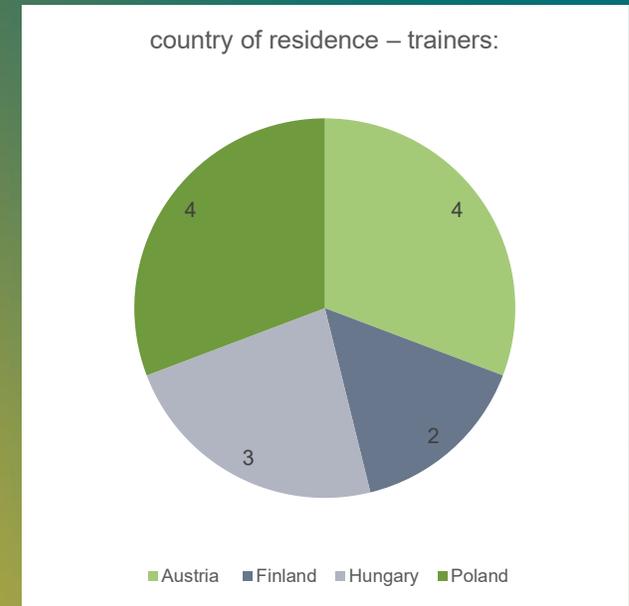
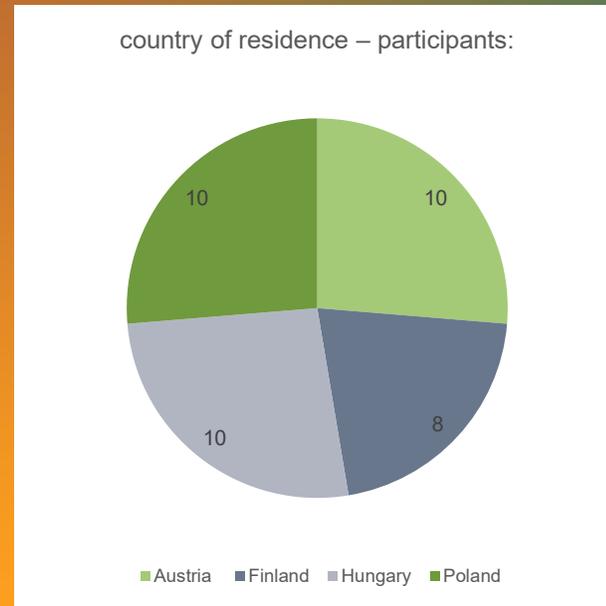
Survey on experiences in using modules in regard to:

- Health
- Nutrition
- Exercise
- Stress
- Awareness
- Assessment of the youth
- Experiences working with them

Results of the Evaluation

Overview of the results:

- 38 participants who filled out the 1st questionnaire
- 31 participants who filled out the 2nd questionnaire
- 13 Trainers who filled out the Trainer questionnaire

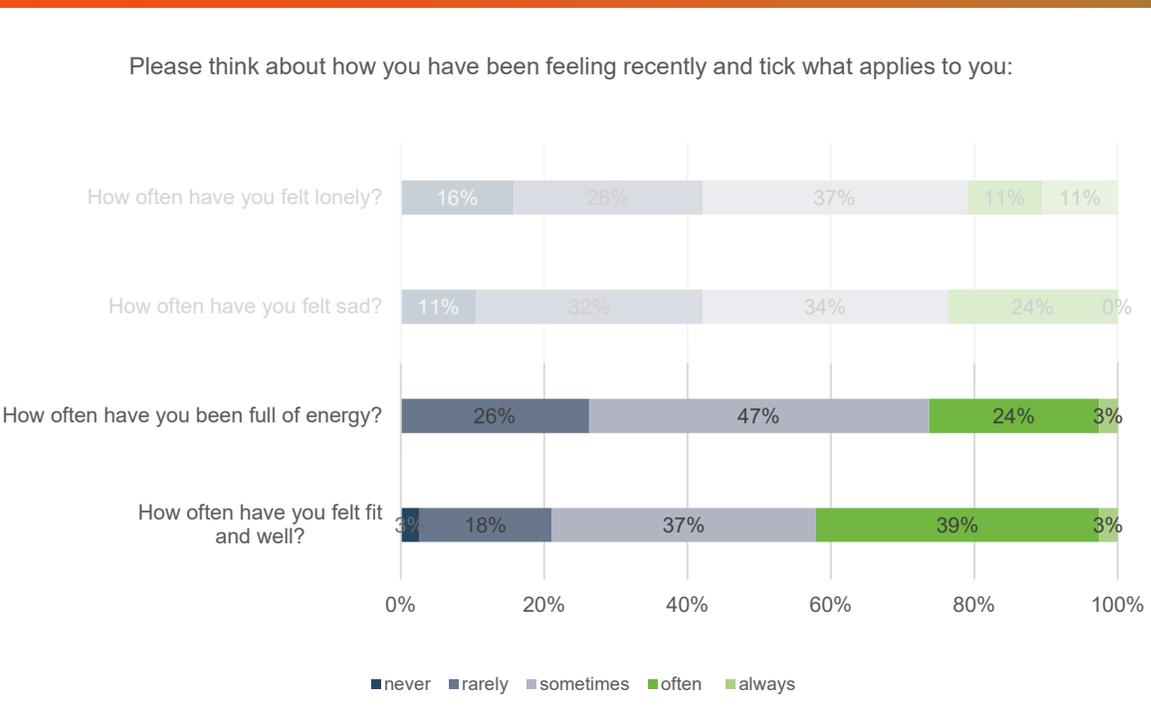


Results from the Participants 2-point-Survey

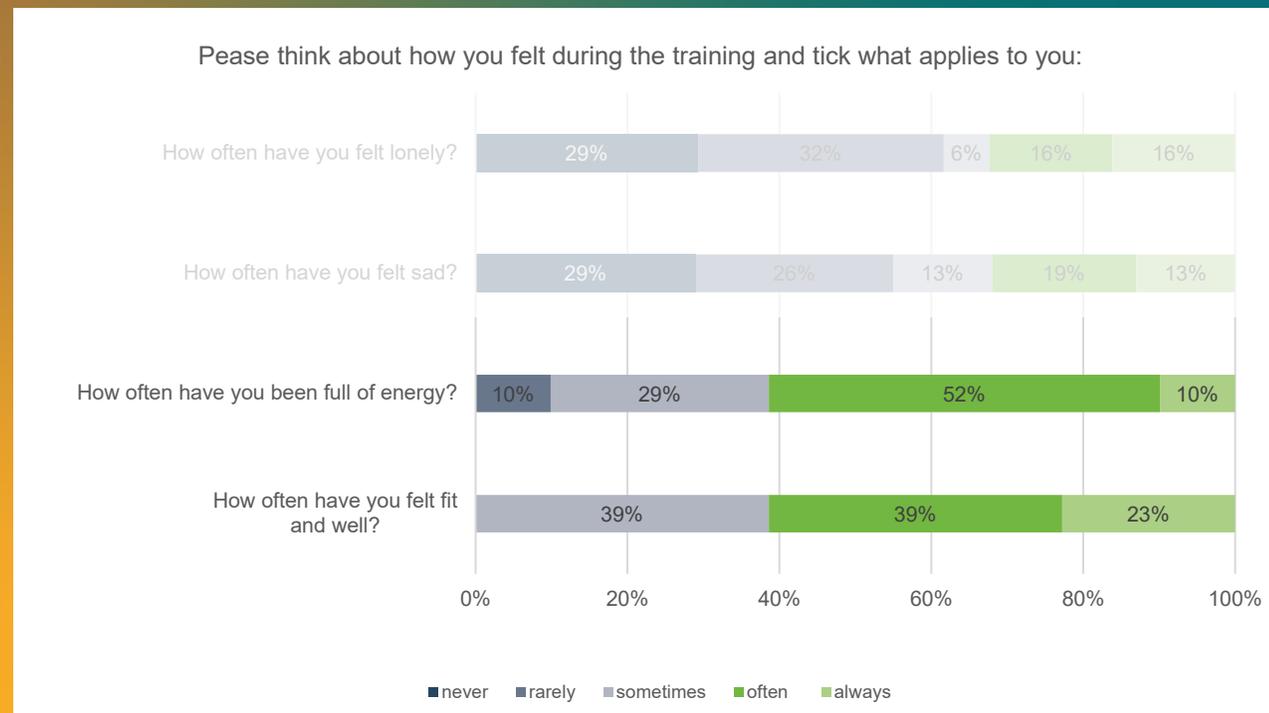


Health and wellbeing

before the training:



after the training:

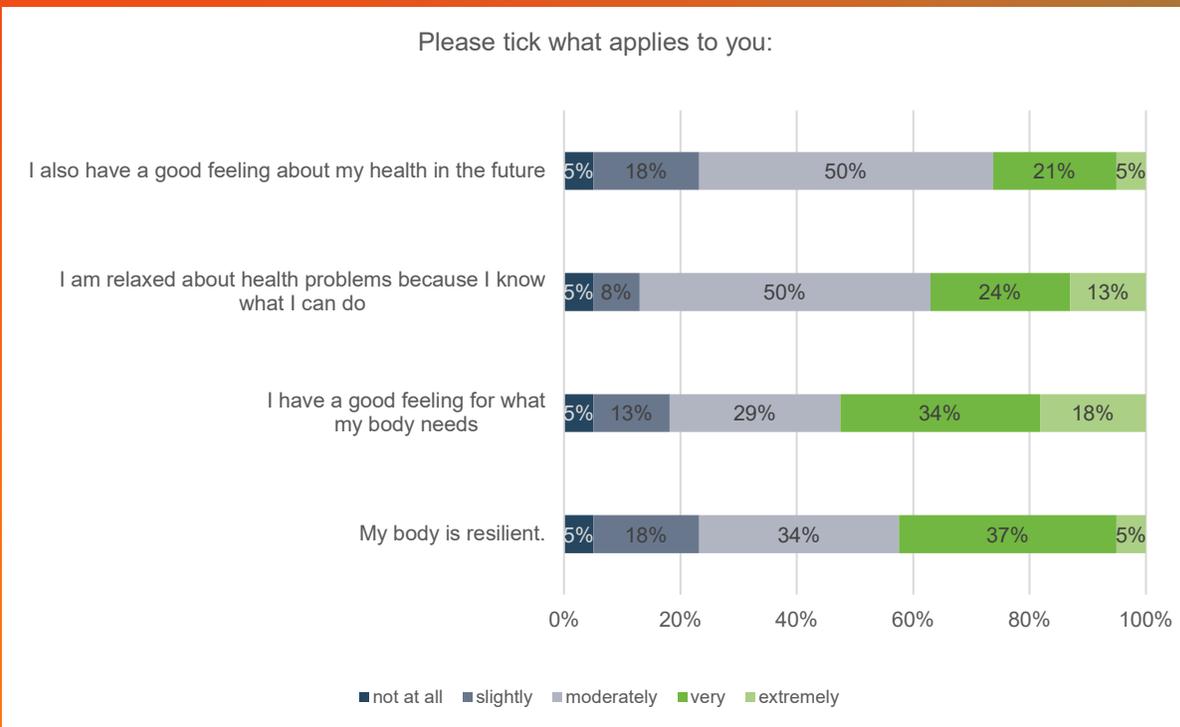


Results from the Participants 2-point-Survey

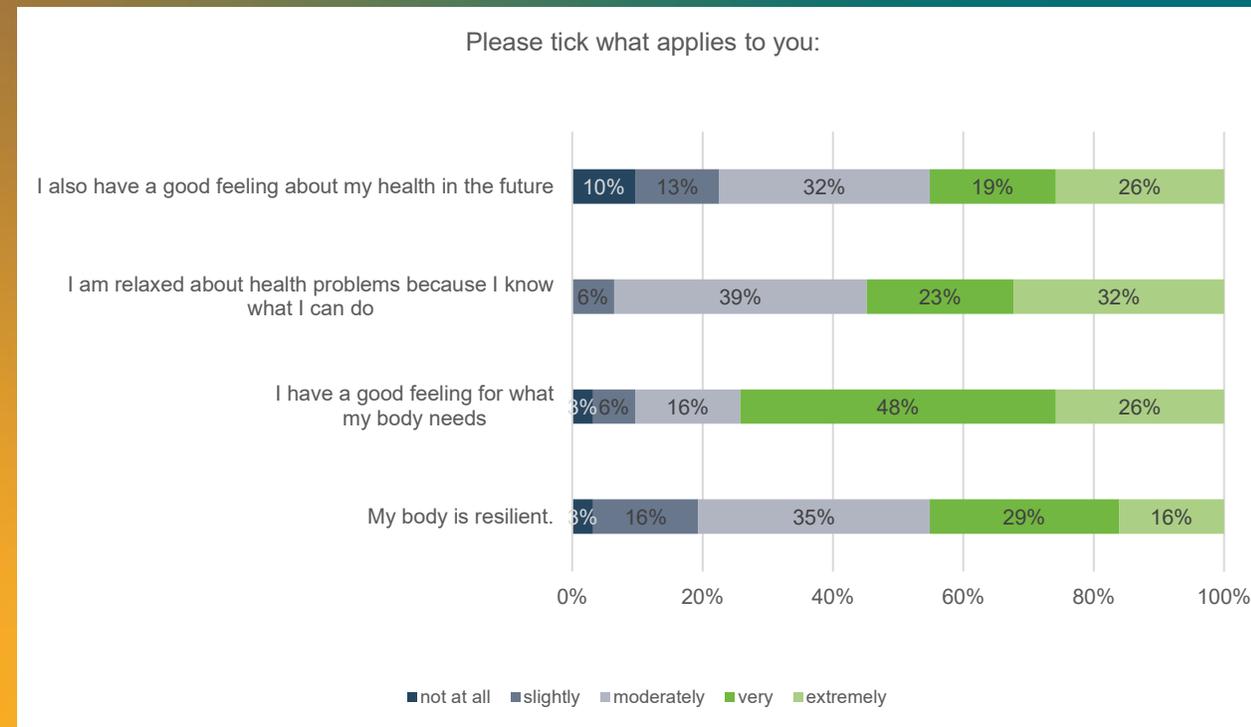


Health literacy and body awareness

before the training:



after the training:

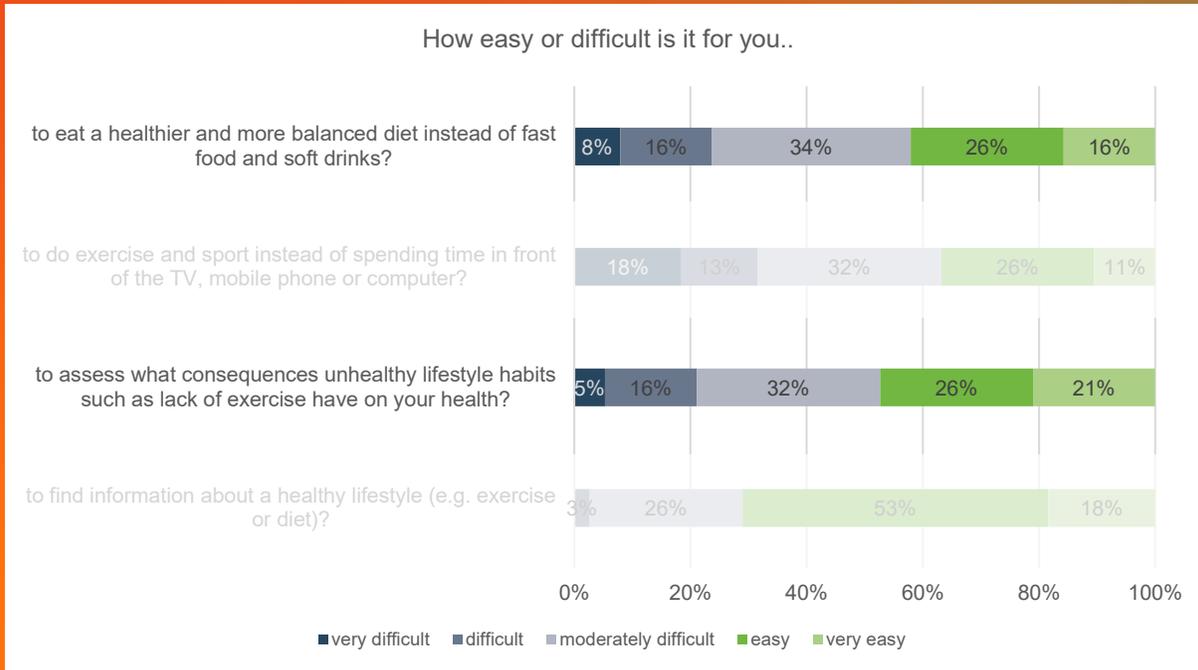


Results from the Participants 2-point-Survey

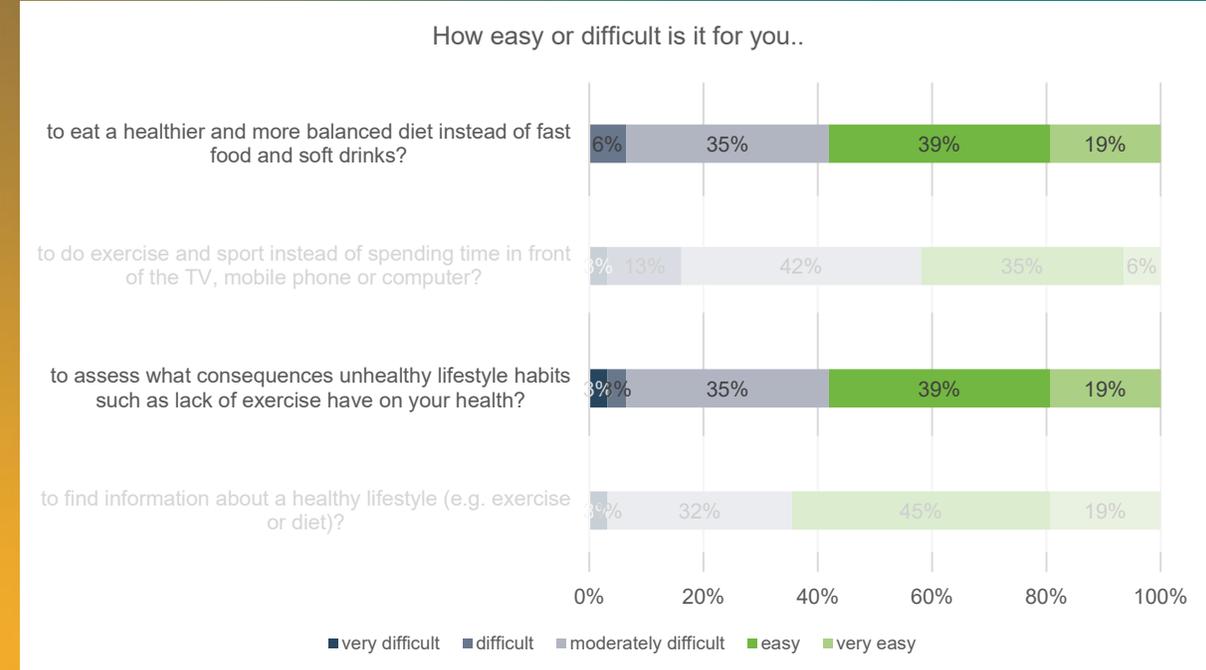


Health literacy and healthy lifestyle

before the training:



after the training:

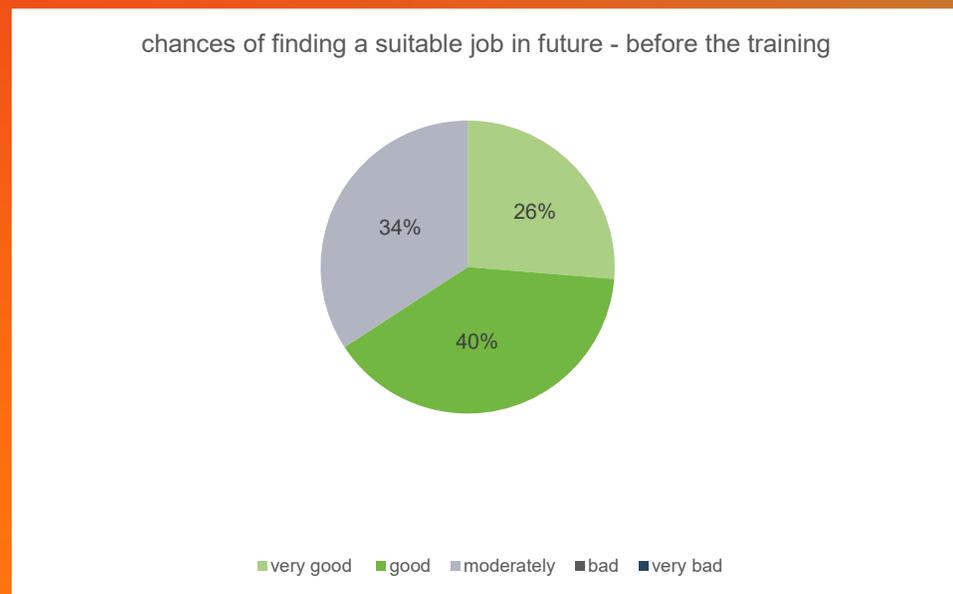


Results from the Participants 2-point-Survey

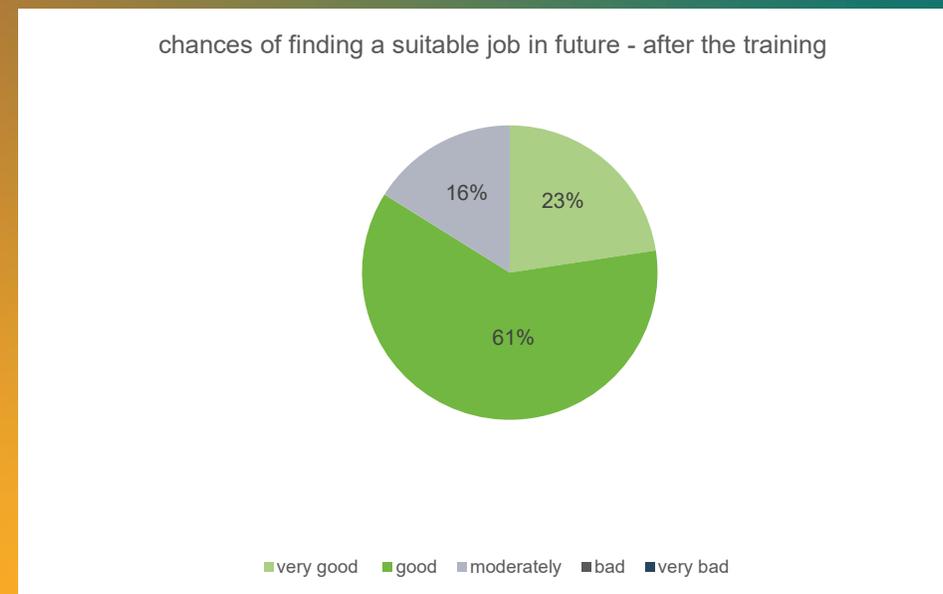


Job chances - expectations

before the training:



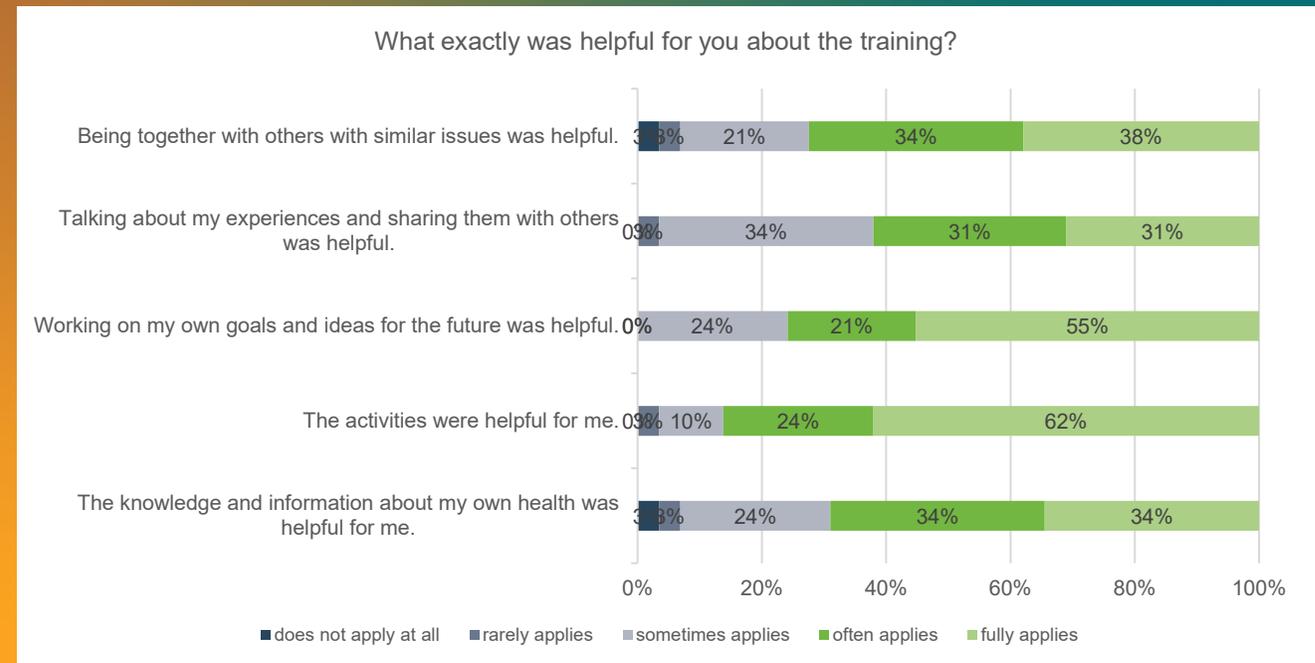
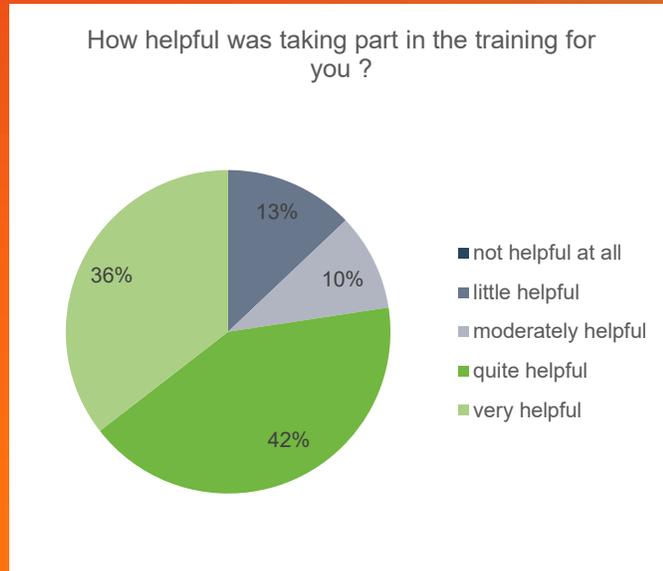
after the training:



Results from the Participants 2-point-Survey



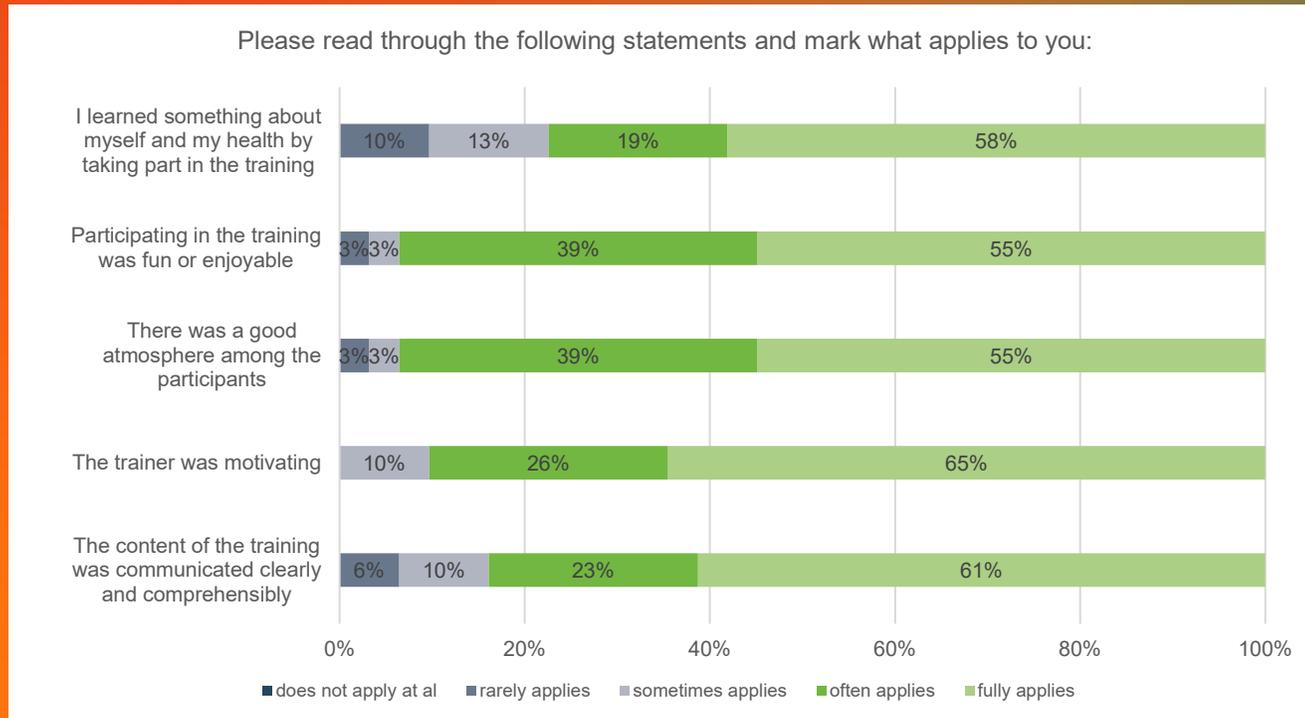
Experience and Evaluation after the workshop



Results from the Participants 2-point-Survey



Experience and Evaluation after the workshop



Particular activities the participants enjoyed:

- Sport activities (kayak, treasure hunt)
- Mindful eating, cooking together, reflecting eating habits.
- Meditation session, activities related to stress
- Painting and group discussions
- Job interview, working on the different CV and self-presentations.

*“I really liked the first day, during which I learnt a lot about obesity. All activities were trully engaging.”
(participant)*



Results from the Trainer Survey



Aspects that contributed to the knowledge of the participants or encouraging them:

- Shopping sessions, cooking together
- being a part of a group where their opinions and ideas were listened and respected
- learning from each other
- comfortable atmosphere that participants could express their struggles

“The supportive and friendly atmosphere made it easy for participants to share their personal experiences and learn from each other. This peer learning not only deepened their understanding but also inspired them to adopt healthier habits in their daily routines” (trainer)

Transformation or change in the participants over the day(s) of the training noticed by the trainers:

- more interest in health and nutrition
- increasing motivation exploring healthy activities
- Awareness regarding their health and their bodies
- Shift in mindness towards personal growth and positive change

“While five days isn’t enough time to observe any significant transformation among the participants, I did notice some important changes. Over the course of the training, participants began to analyse their lifestyles more critically, identifying areas of weakness and actively seeking solutions to improve them. This shift in mindset, though subtle, is a promising step toward personal growth and positive change.” (trainer)



Results from the Trainer Survey

Trainers' assessment: Specific skills of participants that have improved in the course of the training

nutrition

- improved ability to plan balanced meals
- understanding nutritional information
- making more informed choices about their diets
- adopting healthier eating habits

employment

- communication skills and conversational skills
- confidence in job interviews
- realisation of the impact of health on professional careers

stress

- awareness of what situations stress them out and how to deal with them
- understanding psychological correlation between food and stress

awareness

- identifying motives for unhealthy behaviours
- deeper self-reflection and empathy,
- Recognition of new strengths about themselves

“This comprehensive approach helped them understand how each aspect influences the others, making it easier for them to apply this knowledge in their daily lives. By recognising these connections, they were better equipped to make informed decisions that support their overall well-being.” (trainer)

Results from the Trainer Survey

How was it for the trainers working with the target group?

- *“We had a mixed group of people with obesity, those at risk of obesity, and individuals who have a first-degree relative with obesity. It was challenging, but once I understood how to approach the situation and leveraged my experience working with people with various needs using non-offensive language, while being aware of comfort and panic zones, everything went smoothly” (trainer)*
- *“There were some moments during the training when I felt like I reached my limits. Managing the diverse needs and expectations of the participants, particularly when adapting the program to include a broader range of individuals, proved challenging. Balancing the delivery of content while ensuring meaningful engagement and interaction stretched my capabilities. However, these experiences also provided valuable learning opportunities and insights into areas where I can continue to improve and grow as a facilitator.” (trainer)*
- *“I have already worked a lot with youths, so it was natural for me.” (trainer)*
- *“just as with non-obese adolescents” (trainer)*

Results from the Trainer Survey

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Other feedback from the trainers:

“Some topics could had been a bit more specific. But in the oder hand, like this they were also easy to talk through with everyone.” (trainer)

“More precise preparation also for the target group” (trainer)

“For me as a trainer those session introductions were clear but there were almost no data or informative source. That would be better if we include some graphics/data/some books movies or any kind of informative papers.” (trainer)

“I would make training more concrete and give participants also opportunity to choose what activities they want to have”

“The workshops were carefully planned, thought out to provide the necessary comfort and space for participants to act, without feeling embarrassed or stigmatised.” (trainer)

“The program successfully delivered practical knowledge and skills, while fostering an engaging and supportive atmosphere. The interactive elements and peer learning were well-received by participants. On a personal level, I gained useful experience in facilitation and identified areas for my own professional growth, making the training program both effective and enlightening.” (trainer)

“I was very positively surprised by the extremely good cooperation of the young people.” (trainer)



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Conclusion:

Overall, the evaluation showed that many of the objectives of the YOUnite training, such as raising participants' awareness of obesity, eating habits and stress management, as well as gaining knowledge about nutrition and the positive aspects of exercise, were successfully achieved, which provides a good pathway for the young people's professional development.

Thank you for your attention!



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